

PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL SURGERY

What to Expect After Treatment

- Color changes in tissues are normal (gray, yellow, red, blue, purple, stringy).
- Possible swelling—apply ice wrapped in a cloth to the outside of your face for **15-20 minutes** each hour, especially during the first 24 hours.
- Light bleeding, slight swelling, soreness, tenderness, or tooth sensitivity may occur.
- Sensitivity in teeth may indicate healing or a bite imbalance needing adjustment. This can be evaluated when you come back for your 1-week post op check.

Managing Bleeding and Swelling

- Some oozing of blood is normal; apply gentle pressure with a wet tea bag or gauze.
- If bleeding is excessive, contact our office immediately at (303) 237-1553.
- Swelling can be managed with ice packs as described above.

Activity and Pressure Restrictions

- Reduce activity for the rest of the day following surgery.
- Do NOT chew on the treated side of your mouth (follow dietary progression below).
- Do NOT apply excessive tongue or cheek pressure to the surgical area.
- Do NOT drink through a straw, as it can disturb the healing clot.
- Do NOT eat spicy or excessively hot foods during first couple days of healing.

Oral Hygiene Instructions

- Keep your mouth as clean as possible to aid healing.
- Only brush and floss the areas of your mouth that were NOT treated surgically.
- Do NOT brush or floss the surgical area for **2 weeks** after your last surgical visit.
- Warm salt water rinses are recommended every 3 hours or 3-4 times a day, especially after meals.

Nutrition and Hydration Guidelines

- Maintain good food and fluid intake; try soft but nutritious foods (eggs, yogurt, cottage cheese, ice cream) until you can return to a normal diet comfortably.
- Daily vitamins are recommended.

Dietary Progression

1. **First 3 Days:** Stick to a liquid-like diet (anything blendable) to protect the healing clot.
 - Examples: Smoothies (no berries with seeds), milk shakes, nutritional drinks (Ensure, Slim-Fast), broths, creamed soups.
2. **Next 4 Days:** Progress to mushy consistency foods.
 - Examples: Cream of wheat, oatmeal, mashed potatoes (with butter/sour cream), mashed banana or avocado, applesauce, mashed steamed vegetables, cottage cheese, creamy peanut butter (no solid pieces), eggs any style, omelets, Jell-O, pudding, ice cream, yogurt.
3. **7-10 Days After Treatment:** Introduce soft foods.
 - Examples: Pasta, fish, chicken, steamed vegetables.
4. **Continued Healing (First Month):** Healing is ongoing—continue to choose softer foods for best results.

Foods to Avoid

- Candy, cookies, chips, nuts, gum, anything hard or crunchy.
- Foods with seeds or hard pieces (including berries with seeds).
- Meat that shreds and can lodge under the gum or between teeth.
- Raw vegetables or salad.
- Spicy or excessively hot foods.

Additional Tips

- Your tissues will continue to heal over the next three months. Cooperation with these instructions will help you achieve the best possible outcome.
- If you have any questions or concerns during your recovery, contact our office at **(303) 237-1553**.